

## **ABSTRACT OF THE DISCLOSURE**

A switching power supply apparatus operates with less power consumption as a whole as a result of reduced power loss suffered while the switching operation of the main switching device is being stopped in burst switching control. Burst switching control is achieved by a signal level checker circuit 15 repeatedly turning on and off a switch circuit 17 provided in the line by way of which a switching controller circuit 19 is supplied with operating power. In burst switching control, when the switching operation of a main switching device 5 is being stopped, the supply of operating power to the switching controller circuit 19 is also stopped. This helps reduce the power loss suffered while the switching operation is being stopped, and thus helps reduce the power consumption of the apparatus as a whole.